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**SPECIAL
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SOON!**

Tuesday



LONDON CALLING

Misty May-Treanor
aims to go out on top
in beach volleyball **13**

'REALLY DISTURBED'

Metro is slammed
over its handling of
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THIS JUST IN

A new study says
YouTube is now a
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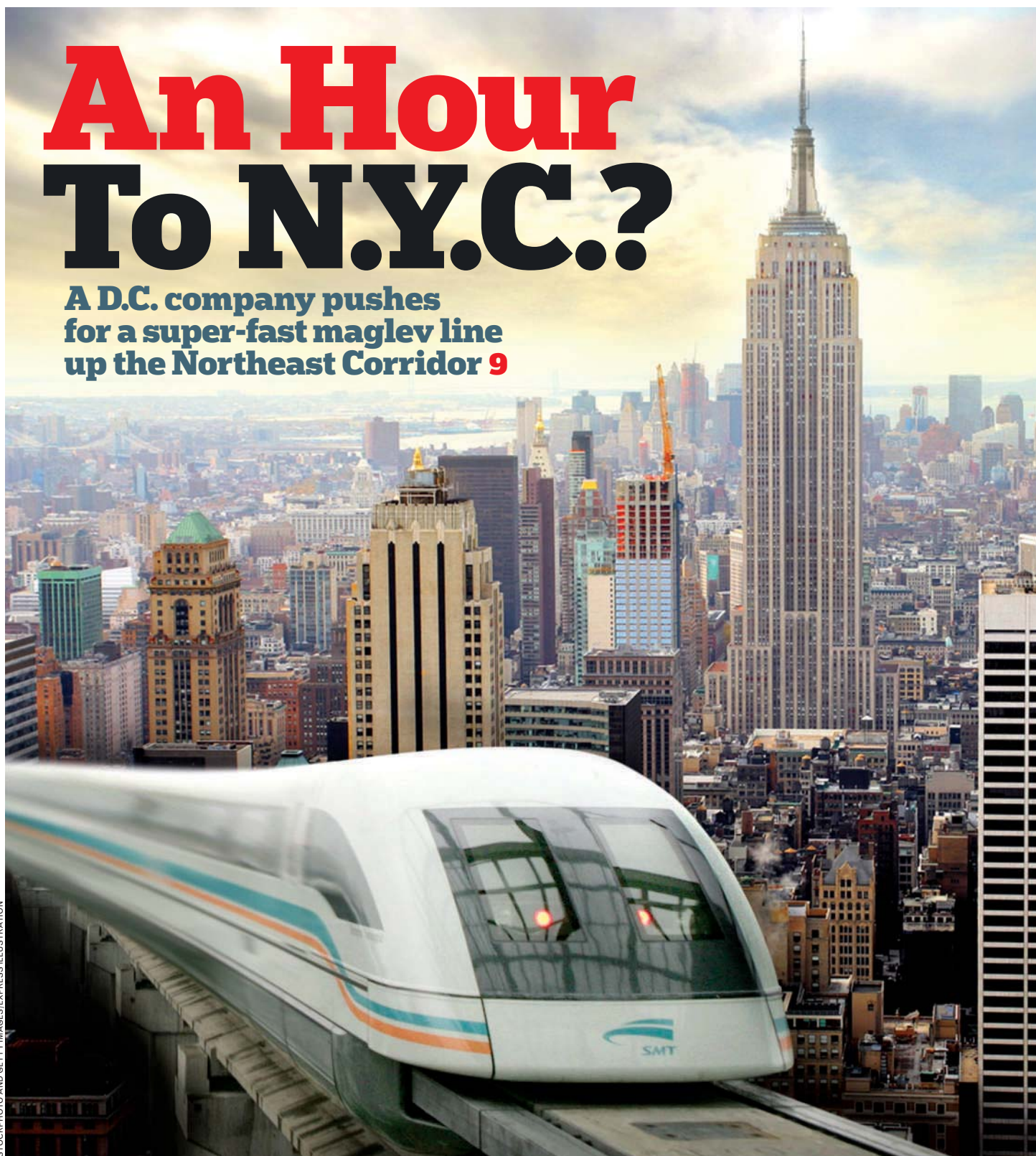
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FOR EXTENDED FORECAST, SEE PAGE 33

JULY 17, 2012 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

An Hour To N.Y.C.?

**A D.C. company pushes
for a super-fast maglev line
up the Northeast Corridor **9****



eo

eye openers

BUCKET LISTS

Man, 90, to President George H.W. Bush: It's Your Move

Inspired by former president George H.W. Bush, who jumped from an airplane on his 85th birthday in 2009, a Maine man skydived for the first time — at age 90. As a birthday present to himself, Lester Slate of Exeter jumped out of a plane Sunday at Pittsfield Airport as family and friends watched. Slate says he wants to do it again on his 95th or 100th birthday. (CRD)

"It's not like a known thing, weed dating. A lot of people are like, 'So, were you on a pot farm?'"

— **JOE PERAINO**, 27, ON TAKING PART IN WEED DATING, WHERE SINGLES MEET AT A FARM IN BOISE, IDAHO, FOR ONE NIGHT TO WEED ROWS OF PRODUCE TOGETHER IN HOPES THAT THEY'LL MAKE A LOVE CONNECTION WHILE BONDING OVER WEEDS (AP)

SURVEYS

'Bum Cleavage' Sounds Much Better Than 'Plumber's Crack'

A survey by Edinburgh, Scotland-based travel search site Skyscanner found that more than 1 in 4 air travelers are offended by the sight of "bum cleavage" produced by ill-fitting trousers or shorts. The survey, released Monday, said "bum cleavage" beat out other flying faux pas such as sweat stains on clothing, muffin tops, beer bellies, wearing white socks with sandals and women wearing low-cut shirts. (EXPRESS)

The Big Picture



SON OF A BEN! Tourists in London take photos Sunday of a British Telecom phone booth replica designed as a miniature "Big Ben," with the actual clock tower in the background. The city is in the midst of preparing for the 2012 Olympic Games, which begin July 27.

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U.S. Drought Broadens To Worst in Decades

Report: Percentage of affected land is largest since 1956

Waltonville, Ill.

The nation's widest drought in decades is spreading, with more than half of the continental United States now in some stage of drought and most of the rest enduring abnormally dry conditions.

Only in the 1930s and the 1950s has a drought covered more land, according to federal figures released Monday. So far, there's little risk of a Dust Bowl-type catastrophe, but crop losses could mount if rain doesn't come soon.

In its monthly drought report, the National Climatic Data Center in Asheville, N.C., announced that 55 percent of the country was in a moderate to extreme drought at the end of June. The parched conditions expanded last month in the West, the Great Plains and the Mid-



Boats sit on the dry, cracked bottom of a cove Monday at Morse Reservoir in Noblesville, Ind. The reservoir is down nearly 6 feet from normal levels.

38%

The percentage of the nation's corn crop that's in poor condition or very poor condition, compared with 30 percent a week earlier, the U.S. Department of Agriculture announced Sunday. (AP)

west, fueled by the 14th warmest and 10th driest June on record, the report said.

Topsoil has turned dry while "crops, pastures and rangeland have deteriorated at a rate rarely seen in the last 18 years," the report said.

The percentage of affected land is the largest since December 1956,

Plans to Help

Agriculture Secretary Tom Vilsack last week announced plans for streamlining the aid process for farmers and ranchers. A major goal is to cut the time it takes to declare an agricultural disaster area. He also reduced interest rates for emergency loans and made it cheaper for farmers to graze livestock or cut hay on lands otherwise locked up in a conservation program. (AP)

when 58 percent of the country was covered by drought, and it rivals even some years in the Dust Bowl era of the 1930s, though experts point out that this year's weather has been milder than that period, and farming practices have been vastly improved since then.

In northwest Kansas, Brian Baalman's cattle pastures have dried up, along with probably half of his corn crop. He desperately needs rain to save the rest of it, and he's worried about what will happen if the drought lingers into next year.

"I have never seen this type of weather before like this," Baalman said. "I just think we are seeing history in the making."

STEVE KARNOWSKI (AP)

In Brief

SALT LAKE CITY

'7 Habits' Author Dies

Stephen R. Covey, author of "The Seven Habits of Highly Effective People," died in Idaho Falls, Idaho, early Monday due to complications from a bicycle accident in April, his family said in a statement. He was 79. (AP)

TALLAHASSEE, FLA.

FAMU President Resigns

Florida A&M University's president agreed to immediately resign Monday instead of Oct. 11. James Ammons faced criticism in the wake of the hazing death of a drum major in the fall. He waived a provision allowing him to give 90 days notice to the FAMU board in exchange for bonuses. He will be paid more than \$98,000 and still earn a full salary of more than \$341,000 over the next year. (AP)

WEST PALM BEACH, FLA.

Woman Says Zimmerman Molested Her as a Child

A woman says she was molested as a child by George Zimmerman, the former neighborhood watch volunteer charged in the fatal shooting of Trayvon Martin. In a police interview released Monday, the woman said Zimmerman fondled, groped and kissed her beginning when she was 6 and he was about 8. In a separate interview, she accused Zimmerman of being a racist. (AP)



Comeback Kid? Former Democratic Rep. Anthony Weiner could return to politics, according to New York news outlets. Sources cited in The New York Post say the disgraced former congressman is 'seriously considering' a mayoral run. The New York Times added that Weiner is sitting on about \$4.5 million for a political candidacy and if he doesn't spend it, he'll miss out on being able to get matching funds. Weiner has not commented on the reports. (EXPRESS)

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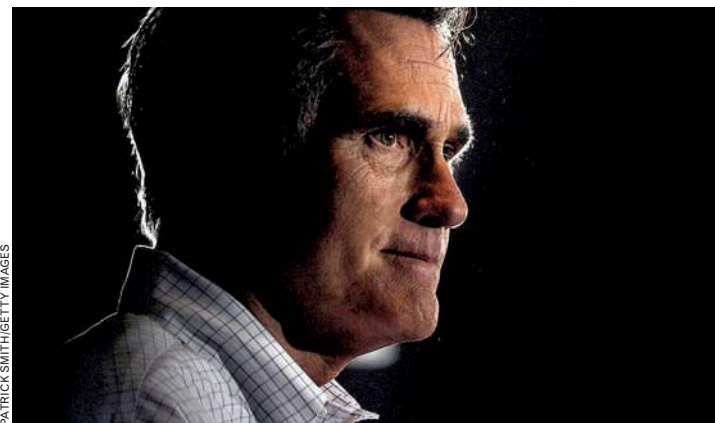
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Nation



PATRICK SMITH/GETTY IMAGES

Mitt Romney's team said Monday it was close to picking a vice presidential candidate.

Romney: Bain Attacks Distract From Economy

Cincinnati

Using unusually vivid language, Mitt Romney tried to take the political offensive against President Obama on Monday, accusing him of cronyism that “stinks” in steering federal contracts to supporters.

Unfazed, Obama needled his Republican rival for finally having a job-creation plan — for people overseas.

At the same time, though Romney endeavored to switch the campaign focus, questions about his tenure at Bain Capital, a venture capital company, seemed destined to shape the conversation at least a while longer. On a day devoted mainly to raising money, Romney went on Fox News to complain that all Obama can do “is attack me” on Bain and other subjects rather than taking useful steps to improve the economy.

The Democratic incumbent showed no sign of letting up. Rallying for support in crucial Ohio, Obama said Romney's proposal to free companies from taxes on their foreign holdings would displace American workers. The pres-

VP Watch

Presumed Republican presidential candidate Mitt Romney could name his running mate by the end of the week, senior adviser Eric Fehrnstrom said Monday. The announcement, if it happens according to the adviser's timetable, would come several weeks before presidential candidates traditionally reveal their picks for the second slot on the ticket. (AP)

ident cited a study he said concluded that “Gov. Romney's economic plan would in fact create 800,000 jobs. There's only one problem; the jobs wouldn't be in America.”

Romney's campaign, itself moving to the attack, contended that Obama's Energy Department has steered loans and grants to several companies connected to the president's political supporters.

The past several days of the campaign have centered on Romney's former work at Bain Capital and whether he has been straightforward about the timing of his departure. CHARLES BABINGTON (AP)

5 The number of Yahoo CEOs in as many years.

Yahoo named Marissa Mayer, who has been Google's vice president of location services, as its new chief executive on Monday. Yahoo has had four chief executives in the past year, following its unceremonious firing of Carol Bartz in September. Yahoo and Google did not immediately respond to a request for comment. (AP)

Paterno Family to Pursue Own Investigation

State College, Pa.

Joe Paterno's family on Monday vowed their own investigation of the Jerry Sandusky scandal, rejecting the findings of a special investigator who concluded the late football coach and other top Penn State administrators concealed Sandusky's sexual abuse of children in order to shield the school from bad publicity.

"Our interest has been and remains the uncovering of the truth," the family said in a statement.

The family characterized the 267-page report by former FBI Director Louis Freeh, who was hired by the university board of trustees, as "yet



up child sex-abuse allegations against former assistant Jerry Sandusky. (AP)

Meanwhile ...

Penn State says no decision has been made on the future of the Joe Paterno statue outside Beaver Stadium. The university has received pressure to remove the statue of the late coach following a scathing special investigator report that found Paterno helped cover up child sex-abuse allegations against former assistant Jerry Sandusky. (AP)

another shocking turn of events in this crisis" and said Paterno, who died in January at age 85, did not knowingly protect a pedophile.

"We are dismayed by, and vehemently disagree with, some of the conclusions and assertions and the process," the statement said. "Mr. Freeh presented his opinions and

interpretations as if they were absolute facts."

Sandusky awaits sentencing after being convicted last month of 45 counts for abusing 10 boys.

Penn State President Rodney Erickson on Monday vowed cooperation with further investigations but also said decisions about the

future "will take time."

Erickson wrote in a message to students, faculty and staff Monday that the eight months since Sandusky was charged have been "heart-wrenching and difficult" and said his heart was heavy for the victims. "We can never again allow this to happen," he said.

Also Monday, three additional men came forward accusing Sandusky of sexually abusing them during the 1970s and 1980s, according to the Patriot-News.

Police are aware of the recent accusations but it was not immediately known whether the men were interviewed or contacted by Freeh and his investigation team.

MICHAEL RUBINKAM (AP)



HIV/AIDS

Prevention Pill

The first drug shown to reduce risk of HIV infection was approved by the Food and Drug Administration on Monday, a milestone in the 30-year battle against the virus that causes AIDS. The agency approved Gilead Sciences' pill Truvada as a preventive measure for those who are at high risk of acquiring HIV through sexual activity. (AP)

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World

Violence Surges in Damascus

Syrian capital sees worst fighting since the uprising began

Beirut

Syrian rebels fired grenades at tanks and troops while regime forces shelled Damascus neighborhoods on Monday, sending terrified families fleeing the most sustained and widespread fighting in the capital since the start of the uprising 16 months ago.

A ring of fierce clashes nearly encircled the heavily guarded capital as rebels seeking to overthrow President Bashar Assad pushed the civil war that has been building in Syria's impoverished provinces closer to the seat of power.

While the clashes were focused in the city's southwest, for many of its 4 million people the violence

brought scarily close to home the strife that has scarred other Syrian cities.

In high-end downtown cafes frequented by the business and government elite tightly bound to the Assad regime, customers watched as black smoke billowed on the horizon.

"Without a doubt, this is all anyone is talking about today," a Damascus activist who gave his name as Noor Bitar said via Skype. "The sounds of war are clear throughout the city."

Syria's violence has grown increasingly bloody and chaotic

90

The number of people, including about 30 government troops, reportedly killed Monday in violence across Syria, activist groups said. (AP)

ic in recent months as the uprising has morphed from a peaceful protest movement seeking political change into an armed insurgency. Anti-regime activists say more than 17,000 people have been killed.

International diplomacy has

failed to stop the violence, and world powers remain divided over who is responsible and how to stop it.

International envoy Kofi Annan, who has made little progress in brokering a political solution in Syria, met Russian leaders in Moscow on Monday.

The meeting comes a day after the conflict crossed an important symbolic threshold, with the international Red Cross formally declaring it a civil war, a status with implications for potential war crimes prosecutions. BEN

HUBBARD (AP)



"To our great regret, there are elements of blackmail. ... We consider it to be an absolutely counterproductive and dangerous approach."

— SERGEY LAVROV, RUSSIA'S FOREIGN MINISTER, ON MONDAY DECRYING EFFORTS TO SECURE A U.N. SECURITY COUNCIL RESOLUTION THAT COULD ALLOW FOR THE USE OF OUTSIDE FORCE IN SYRIA.

Hearsay



"Iran is under greater pressure now. ... We will use all elements of American power to prevent Iran from obtaining a nuclear weapon."

— SECRETARY OF STATE HILLARY RODHAM CLINTON, SPEAKING MONDAY IN JERUSALEM AFTER MEETING WITH ISRAELI OFFICIALS TO DISCUSS THE THREAT OF A NUCLEAR-ARMED IRAN



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EOE

In Brief

CAIRO

Mubarak Back in Prison

Ousted leader Hosni Mubarak, 84, returned to prison on Monday after weeks in a military hospital, a security official said. A prosecutor said the ex-president's health had improved from several weeks ago, when he was reportedly on the brink of death. Mubarak was sentenced to life in prison on June 2 for failing to stop the killing of hundreds of protesters during last year's uprising. (AP)

SEOUL, SOUTH KOREA

Report: Military Adviser Dismissed in N. Korea

North Korea's top military official, a key mentor to young new leader Kim Jong Un, has been removed from all posts because of illness, state media said Monday in a surprise announcement that shakes the core of the authoritarian country's power structure. The decision to dismiss 69-year-old Ri Yong Ho was made at a ruling party meeting on Sunday, according to the official Korean Central News Agency. (AP)



Ultra-Orthodox Jewish youths march Monday at a protest in Jerusalem.

JERUSALEM

Ultra-Orthodox Jews Decry Israeli Draft Plan

Thousands of ultra-Orthodox Jews protested Monday in Jerusalem against attempts to draft members of the community into the Israeli military. The government is trying to find a formula to obligate ultra-Orthodox Jews to serve in the military before Aug. 1, the deadline by which the country's high court ruled the law must be revised. (AP)

Captor Frees American Pastor, 2 Others in Egypt

El-Arish, Egypt

Two American tourists and their Egyptian guide who were abducted by a Bedouin in Egypt's Sinai Peninsula last week were released unharmed on Monday after negotiations with security officials and tribal leaders.

The Rev. Michel Louis, 61, and Lissa Alphonse, 39, both Boston-area residents, had been kidnapped Friday along with their guide by a Bedouin who was demanding the release of his uncle, who had been detained by Egyptian police on sus-

Backstory

The two American hostages freed Monday in Egypt had been on a tour of the Holy Land, traveling from Cairo to the St. Catherine's Monastery, which is said to be at the site where Moses received the Ten Commandments. Their Bedouin captor had stopped their tour bus and ordered them off, along with their guide, as a way to force officials to release a relative. Egyptian officials had made clear Monday that they would not bend to his demands. (AP)

picion of drug possession.

The kidnapper said he had handed the three over to officials near the city of el-Arish after he was promised that authorities were working on his uncle's release.

In Boston's Dorchester section, where Louis lives, family members and friends celebrated on the porch of his home.

The abduction illustrated a broader breakdown of security in the Sinai, a destination in Egypt's vital tourism industry, where lawlessness has risen since Hosni Mubarak's ouster last year. (AP)

Hindus Show Their Colors in India

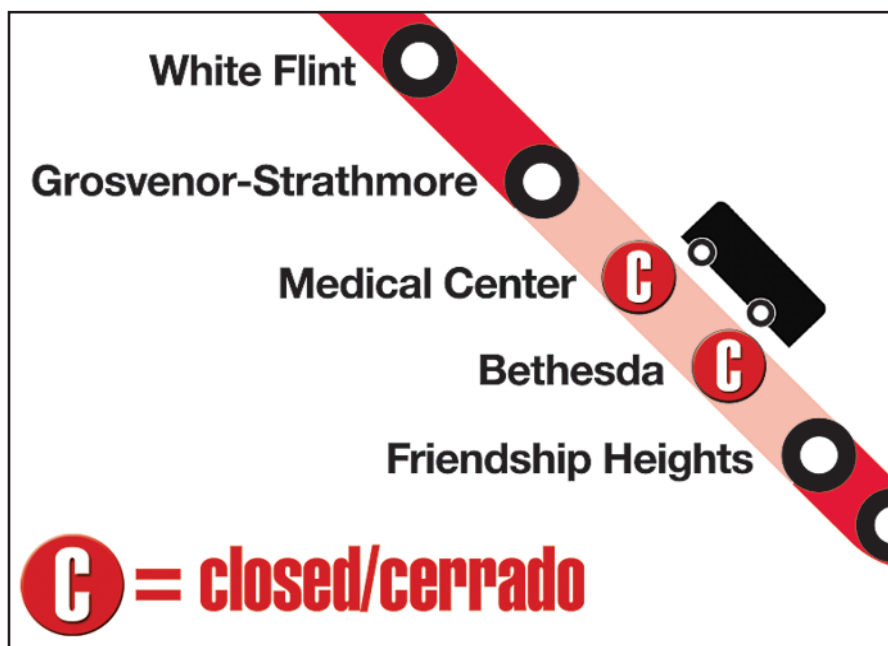


MAHESH KUMAR A/AP

PERFORMERS WAIT FOR A PROCESSION to begin Monday in Hyderabad, India, during the celebration of Bonalu, a Hindu folk festival.

54% The decrease in sea piracy worldwide during the first half of 2012, compared with the same period in 2011, a watchdog said Monday. A dramatic drop in Somali piracy led the change, the International Maritime Bureau said. (AP)

TRACK WORK THIS WEEKEND



From Friday, July 20 at 10 p.m. to Sunday, July 22 at closing:

Buses replace trains on the Red Line between Grosvenor-Strathmore and Friendship Heights as Metro welds rail, upgrades fasteners, repairs tunnels and performs grout work. To get last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit MetroForward.com or call 202-637-7000.



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- OR** East Falls Church - West Falls Church
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WORLD FOOTBALL CHALLENGE 2012

Javier Pastore

Chris Pontius

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World

1 Killed When U.S. Navy Fires on Boat Near Dubai

Dubai, United Arab Emirates

A U.S. Navy ship opened fire on a small boat racing toward it Monday near the Gulf city of Dubai, killing one person, according to American officials.

Lt. Greg Raelson, a spokesman for the Navy's Bahrain-based 5th Fleet, said a security team aboard the USNS Rappahannock issued a series of warnings before resorting to lethal force near Dubai's Jebel Ali port.

A U.S. consular official said that one person was killed and three wounded in the shooting.

The United Arab Emirates, which includes the commercial hub of Dubai and the oil-rich capital Abu Dhabi, is a key American ally in the Gulf.

Tensions are elevated in the Gulf after Iran last week renewed

Backstory

Boats similar to the one A U.S. Navy ship fired on Monday are used for fishing in the Persian Gulf region, though Iran's Revolutionary Guard also employs relatively small, fast-moving craft. U.S. military vessels routinely cross paths with Iranian ships in international waters without incident, though speedboats from Iran's Revolutionary Guard have passed close to U.S. ships in incidents that have raised alarm in Washington in recent years. (AP)

threats to close the strategic Strait of Hormuz, the route for one-fifth of the world's oil, in retaliation for tighter sanctions over Iran's nuclear program.

The U.S. recently boosted its naval presence in the Gulf with additional warships. (AP)

A Targeted Approach in France



FRENCH PRESIDENT FRANCOIS HOLLANDE aims an arrow Monday while visiting his country's Olympic archery team during a practice in Paris. The two-week Summer Games begin July 27 in London.

CHARLES PLATIAU/POOL/AP

30% The amount of money in Somalia's government that actually reaches state coffers, a recent U.N. report said in blasting what it deemed to be systematic misappropriation, embezzlement and outright theft of taxpayer funds by officials. (AP)

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Cover Story



The Speed Of Maglev

CHINA PHOTOS/GETTY IMAGES

Fast Talk

A D.C. company fuels a push to build a bullet train system in the Northeast

Washington

A small privately owned Washington company is lobbying to develop a high-speed rail system that would take passengers from the District to Baltimore in 15 minutes and to New York in an hour.

The Northeast Maglev, a downtown D.C. firm with 30 employees, is working with Central Japan Railway Co. — which operates the Shinkansen bullet train in Japan — to develop a maglev network that would connect Washington and New York, with stops in Baltimore, Wilmington and Philadelphia, including BWI Airport, Philadelphia International Airport and Newark Liberty International Airport. Eventually, the company wants to extend the line to Boston.

The project is unrelated to a proposal by Amtrak to build a high-speed rail system in the region

by 2040.

Amtrak, which runs the Acela Express, last week released a \$151 billion proposal to redevelop and build out a high-speed rail network that would enable travel between Philadelphia and New York in 37 minutes, and between Washington and New York in 94 minutes.

It is not the first time there's been an interest in building a maglev system in the Northeast, but previous attempts were halted by lack of support from lawmakers and funding shortfalls.

In 2001, officials with the Maryland Department of Transportation, the District of Columbia, Baltimore, Baltimore County and the Maryland Transit Administration formed the Baltimore-Washington Maglev Project, which competed for federal consideration to develop a 39-mile maglev line linking Camden Yard in Baltimore, BWI Airport

Trains that use maglev technology, or magnetic levitation, typically travel faster than traditional rail — Shanghai's maglev train, above, runs at an average of at least 139 mph, compared to Amtrak's Acela Express, which runs at an average 84 mph. The only commercial maglev lines are in Aichi, Japan, and Shanghai. Maglev trains are suspended above the track and use magnetic propulsion.

(CAPITAL BUSINESS)

and Union Station in D.C.

But the project, which in 2007 was estimated to cost \$5.1 billion, was cost-prohibitive and lacked legislative support, Maryland Transit Administration spokesman Terry Owens said.

Owens said Northeast Maglev has not yet met with anyone at MTA.

The Northeast Maglev project is still in its infancy, according to an attorney advising the company.

"It hasn't launched all the way yet," said John Merrigan, who co-chairs the lobbying practice at DLA Piper, one of three lobbying firms Northeast Maglev has hired since



High-Speed Hope

President Obama has set a goal of providing 80 percent of Americans access to high-speed rail within 25 years. But that vision is yielding to the political gravity generated by high costs, determined opponents and a public that has grown dubious of government's ability to do big things. Two projects on opposite sides of the country are shaping up to build the nation's first high-speed rail network, though the competition might prove to be one of the slowest races ever seen. Both require a lot of cash, and it's still not clear that the money's there. (THE WASHINGTON POST)

California

The state has plans to build a high-speed line from San Francisco to Los Angeles by 2028, though it hasn't been a smooth process. But the plan is moving forward:

California's legislature agreed this month to plunk down \$4.6 billion in voter-approved bond money to begin construction on the initial link between Bakersfield and Fresno. A full system from San Francisco to Los Angeles is projected to cost \$68 billion.

Northeast Corridor

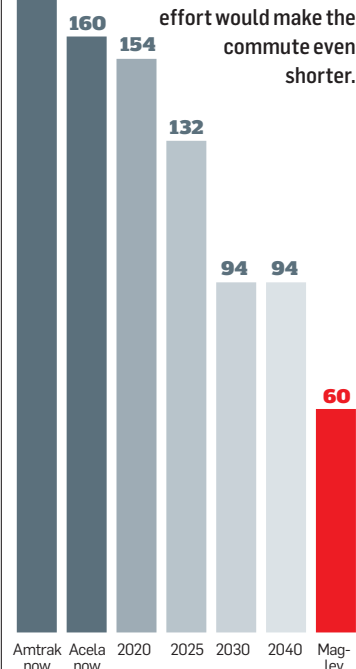
Amtrak recently released its latest vision for transforming its Northeast Corridor into a high-speed system by 2040. Amtrak's new trains would cruise at top speeds of 220 miles per hour, slashing the trip from New York to D.C. from more than three hours to 94 minutes. The project would roll out gradually, first acquiring new trains, then adding tracks, continually providing benefits. But the Amtrak plan isn't cheap: It would cost around \$151 billion.

The Need for Speed

205 MIN.

One Hour Instead Of Three-Plus?

Amtrak's vision for the Northeast Corridor would cut the trip from D.C. to N.Y.C. to 94 minutes. But an exploratory maglev effort would make the commute even shorter.



SOURCE: AMTRAK/EXPRESS

March to track legislation affecting magnetic levitation transportation, including the transportation bill President Obama signed July 6.

A spokeswoman for Northeast Maglev said it is "too early to discuss project details" and declined to comment on potential funding sources or a timeline for the project, saying only that company leaders are meeting with officials.

"The Northeast Corridor is an economic powerhouse, but gridlock threatens to constrain growth," the company said in a statement. "It's time for America to harness technology that is faster, cleaner and safer. ... We believe that as the U.S. looks at transportation solutions to meet growing demand, it makes sense to invest in the most advanced technology that is proven and available."

An Amtrak spokesman said he has not seen Northeast Maglev's plans. CATHERINE HO (CAPITAL BUSINESS)

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THE ITUNES STORE

Hate Metro? Do Something.

Q Monday morning's Red Line delays once again seem to reinforce one's sense that Metro persists in raising fares while failing to improve reliability. The Red Line was so slow during rush hour, delayed, apparently, by a broken train and closed station at Dupont Circle, a sick customer someplace else, and seemingly at least one other thing. ... Can one REASONABLY expect Metro to step up its reliability as it again moves forward with fare increases? Metro is expensive, and at some point, driving will come to seem a better option for many commuters.

First, if any Metro riders think they would be better off driving, they should try it and see if it really is better. It might be. For some, it might save time — especially on weekends — or be more reliable, or just make you feel more in control of your commute.

Metro riders have had a bad month. During that time, I've been trying to make the point that if riders are really angry, they shouldn't just sit there and take it. Either change your commuting behavior or get active in changing Metro. The latter could happen by getting involved in the Metro Riders' Advisory Council or with the political

jurisdictions that appoint the members of the Metro board.

But specifically about the commenter's concerns: I don't recall Metro officials — board members or staff — stating a quid pro quo on the fare increases. I just don't remember them saying, if you pay this much, you'll get this improvement.

I don't say this to let them off the hook. Actually, I think it would be much healthier if the staff and the board would address their customers very specifically on the issue of what's going to get better and when.

At this point, riders can't distinguish between disruptions that are scheduled and those that are unscheduled.

On [Monday's] disruption at Dupont Circle: Unlike the Green Line stranding on July 3, which I've been describing as a scary mess that put riders at risk, I think something actually went right in Metro's response to the service disruption at Dupont Circle.

With the southside exit shut off for the escalator replacements, Metro needs to be vigilant in protecting the station platforms from overcrowding. There are two main ways to do that: Temporarily shut the northside entrance, and have trains skip the station.

Q Personally, I'm extremely anti-Metro and have been since they stopped giving frequent riders benefits to cancel out rush-hour fare costs. However, I think it's extremely short-sighted and

disingenuous for a transportation journalist, such as yourself, to actually recommend turning your back on a mass transit solution that has continued to consume so much of our regional governments' budgets.

I've never suggested that the D.C. region should abandon Metro. I've said repeatedly that I object to riders just sitting there and taking it if they find the experience of riding Metro to be horrible.

Far as I can see, they can do two things: Change their mode of commuting, or get active in changing the transit system.

People ask me for advice on how to make their travels easier. If they tell me they're considering driving, I tell them they should try that and see if it works better. I'm not into transportation ideology.

Dr. Gridlock offers commuter counseling online at washingtonpost.com.



WEEK ELEVEN

GROUP CHALLENGE: Exercises for Extra Points

As part of the Gold's Gym Get Fit Challenge, contestants participate in a group challenge to test their fitness levels, have some fun and earn some extra points that could possibly bump them up to the head of the pack. This year's group challenge pitted our challengers against a six-part fitness routine featuring pushups, sit-ups, lunges, a mile run and more. The winner in each category was awarded three points; second place was awarded two points, and third place was awarded one point. In instances of a tie, both contestants earned one point. So how did everyone do?

• Exercise 1: Step-ups (in 1 min.)

Rules: Alternate legs; step height should set the knee at 90 degrees; both feet must touch ground before next step-up

► **WINNER: Brittany**

• Exercise 2: Pushups (in 1 min.)

Rules: For females, knees are allowed but chest must touch ground at bottom of each pushup; for males, elbows must be at 90 degrees and arms straight at the top of each pushup

► **WINNER: Paige**

• Exercise 3: Sit-ups (in 2 min.)

Rules: Feet are allowed to be held; shoulder blades must touch mat; arms must be crossed; elbows must touch knees

► **WINNER: Paige/Brittany**

• Exercise 4: Jumping Lunges (in 1 min.)

Rules: Both knees must drop to 90 degrees in the down positions before jumping; challenger must alternate legs with each jump

► **WINNER: Brittany**

• Exercise 5: Burpees (in 1 min.)

Rules: No push-ups included; jump required at the top of each burpee

► **WINNER: Paige**

• Exercise 6: Mile Run

Rules: No holding the arms or the top of the treadmill while running

► **WINNER: Paige**

CHALLENGERS	TOTAL ADDITIONAL POINTS
Paige	13 points
Brittany	9 points
Tamika	6 points
Jim	3 points
Mike	3 points
Vasanth	1 point

CHALLENGERS	PREVIOUS WEIGHT	CURRENT WEIGHT	TOTAL LOSS	TOTAL POINTS
Paige	186 lbs.	182 lbs.	43 lbs.	64 points
Tamika	220 lbs.	218 lbs.	44 lbs.	51 points
Jim	190 lbs.	186 lbs.	40 lbs.	49 points
Mike	299 lbs.	295 lbs.	41 lbs.	37 points
Brittany	180 lbs.	176 lbs.	13 lbs.	35 points
Vasanth	243 lbs.	240 lbs.	30 lbs.	30 points

Points are awarded weekly for % of body weight lost and competitive challenges.



"I thought I was in better shape after 10 weeks than I turned out to be; I guess I still have a long way to go!" — **Jim**

"The Group Challenge was awesome! I was really excited when I saw the list of things we had to do, because it was all stuff that my trainer, Kyle, had me doing from the start. I felt really good with my challenge results and couldn't believe I ran my mile in 9:08!" — **Paige**



Start challenging yourself today with this exclusive, limited-time offer:
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goldsgym.com/getfitchallenge



express

Mikulski Criticizes Metro on Safety

Senator says recent incidents have left constituents 'terrified'

Washington

Maryland Sen. Barbara Mikulski lashed out at Metro on Monday, decrying the recent run of safety problems, even as the transit agency said it still had no answers for what caused a computer glitch that forced the shut down of the entire system twice over the weekend.

"Many of my constituents are really disturbed," said Mikulski, D-Md., at a news event to talk about new safety standards for Metro and other systems. "The airwaves are hopping today. They've been hopping over the weekend. Emails have been coming in. Some volcanic, some even more so."

Mikulski, a harsh critic of Metro since the 2009 Red Line crash, said recent incidents have left her constituents "terrified."

"When you get on the Metro and you've got kids with the stroller, you wonder if the cars open and you've got to jump down and evacuate quickly, what will happen to you?" she said. "If you're a senior trapped in a car with 100-degree heat and your pacemaker starts to race, you wonder what's going to happen to you."



Mikulski

Metro officials said they will continue to station extra staff at key spots throughout the system — in hopes of preventing another shut down of the entire system in the event the computer glitch that halted service over the weekend happens again.

Metro officials still don't know what caused train monitoring systems in its operations center in Lanham to go dark twice in a 12-hour period.

(THE WASHINGTON POST)

A Work in Progress



MARK GALL/FTWP

IN D.C.'S SUMMER YOUTH EMPLOYMENT PROGRAM, students played soccer July 6 at Wilson High School in D.C. Some people have questioned the value of paying youth to stay out of trouble without monitoring what, if anything, they have learned while not in the classroom. | postlocal.com

DOD Gives \$180M to Expand Rt. 1

Fort Belvoir, Va.

The Pentagon has approved \$180 million in spending to widen U.S. 1 outside Fort Belvoir to help cope with increased traffic caused by the fort's growth.

Belvoir's population increased significantly as a result of the most recent round of base closings and realignments. In addition, a new hospital on the base receives near-

ly 600,000 patients a year.

Traffic outside the base has been a concern since the plans to expand Belvoir were announced.

The \$180 million funding agreement announced Monday by the Defense Department's Office of Economic Adjustment will allow U.S. 1 to expand from four to six lanes on a 3.5-mile stretch from Telegraph Road to Mount Vernon Memorial Highway. (AP)

Women: Is Your Drinking Causing Problems? Do You Drink Alcohol to Help Ease Your Anxiety?

If you are a woman ages 21 to 65 who has tried to stop drinking, or decrease the amount of drinking, but can't, you may be eligible for a research study testing the effectiveness of a new drug for women with alcohol and anxiety problems. This is a five-week inpatient research study at the Clinical Center in Bethesda, Maryland.

There is a chance of receiving placebo (an inactive sugar pill).

There is no cost to participate and participants will be compensated.

Call: 301-496-1993

TTY: 1-866-411-1010

www.clinicaltrials.gov

Study #: 10-AA-0046



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**THE ORCHESTRE
POLY-RYTHMO DE COTONOU**

WEDNESDAY, JULY 18

THE REBIRTH BRASS BAND

THURSDAY, JULY 19

JIM MESSINA

FRIDAY, JULY 20

PAPA GROWS FUNK

SATURDAY, JULY 21

THE SLACKERS

W/ THE SHIFTERS AND EASTERN STANDARD TIME

THURSDAY, JULY 26

7 WALKERS

FRIDAY, JULY 27

EMPRESARIOS W/ THE CHARIOTS

SATURDAY, JULY 28 **2 SHOWS**

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SUNDAY, JULY 29 **10AM & 12:30PM**

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WEDNESDAY, AUG 1

LEGENDARY DRUMMER

DANNY SERAPHINE & CTA

THURSDAY, AUG 2

JERRY GARCIA

70TH BIRTHDAY CELEBRATION

FEATURING JOHN K OF FURTHUR, THE JOHN

K BAND, JOE UEHLEIN AND THE U-LINERS,

ON THE BUS

FRIDAY, AUG 3

POCO W/ OWEN DANOFF

SATURDAY, AUG 4

THE DEANNA BOGART BAND

SUNDAY, AUG 5

THE STEELDRIVERS

THURSDAY, AUG 9

THE PIMPS OF JOYTIME

SATURDAY, AUG 11

AMERICAN BABIES

W/ HOLLIS BROWN

SUNDAY, AUG 12

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Local

O'Malley Leads Charge For Casino in Pr. George's

Oxon Hill, Md.

Gov. Martin O'Malley met with leaders of three of Maryland's largest jurisdictions Monday as part of a continuing effort to pressure leaders of the House of Delegates to agree to a special legislative session on expanded gambling.

"I think there is broad consensus to be had here," O'Malley said following a meeting with Prince George's County Executive Rushern L. Baker III, Montgomery County Executive Isiah Leggett and Baltimore Mayor Stephanie Rawlings-Blake.

All three Democrats are supporters of a plan to allow a full-fledged casino in Prince George's, most likely at National Harbor, and Las Vegas-style table games at Maryland's five existing slots sites. All three also lead jurisdictions with large numbers of delegates whose votes would be key to the outcome of a special session.

In a bit of theater, after their meeting with O'Malley in the State House, the three local leaders walked down to the office of House Speaker Michael E. Busch, D-Anne



Gov. Martin O'Malley supports bringing a full-fledged casino to National Harbor.

Arundel, to let him know their position. Busch was not around at the time, and aides indicated afterward that he was not immediately available to the media.

The owners of Maryland Live!, which opened last month in Anne Arundel County, have been vocal opponents of allowing a Prince George's site, which they argue would unfairly cut into their market. JOHN WAGNER (THE WASHINGTON POST)

The Lotteries

Monday, July 16

District

Mid-day Lucky Numbers 7-1-0
Evening Lucky Numbers (Sun.) 0-7-9
Mid-day DC 4 5-8-8-8
Evening DC 4 (Sun.) 7-9-4-5
Mid-day D.C. Five 4-7-6-1-0
Evening D.C. Five (Sun.) 7-3-7-4-8

Maryland

Mid-day Pick 3 3-4-5
Evening Pick 3 (Sun.) 5-5-2
Mid-day Pick 4 1-4-6-9
Evening Pick 4 (Sun.) 5-0-1-0
Match 5 (Sun.) 1-4-7-12-34 (25)

Virginia

Mid-day Pick 3 7-3-1
Evening Pick 3 (Sun.) 7-5-0
Mid-day Pick 4 4-1-3-3
Evening Pick 4 (Sun.) 1-5-7-6
Mid-day Cash 5 (Sun.) 13-14-24-26-29
Evening Cash 5 (Sun.) 6-8-11-23-26

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.



No Ifs, Ands or Butts

The University System of Maryland Institutions has joined other local and national colleges in banning all smoking on campus. Montgomery College has done it. So has Towson University. The ban at the University of Maryland goes into effect no later than June 30, 2013, which means students either have a year to quit smoking or find a quick spot off campus to inhale. MICHAEL S. ROSENWALD (THE WASHINGTON POST)

GETTY IMAGES



Misty May-Treanor hits a shot in the 2012 Swatch FIVB World Tour Beijing Grand Slam in May.

A Line in The Sand

Volleyball great May-Treanor shoots for a 3rd gold before calling it a career

London 2012
10 DAYS UNTIL OPENING CEREMONIES

In Sydney, she was still just Misty May.

Her mother, Barbara, was seriously ill and her beach volleyball career was still maturing when the daughter of 1968 Olympian Butch May finished fifth in her Olympic debut. By the Athens Games, her mother had died of cancer. Misty memorialized her with an angel tattoo on her left shoulder and scattered some of her ashes on the sand before winning the gold medal with Kerri Walsh.

Beijing brought more change: She was married now, to baseball player Matt Treanor. Her name had grown and so had her goals, and she talked of children and retirement

and all the other things she wanted to do when her beach volleyball career ended. A second gold medal came as smoothly as the first.

As it turned out, Walsh had the children and May-Treanor came out of a run on TV's "Dancing with the Stars" with a repaired Achilles tendon but also a renewed desire for another Olympic run.

The two are together again and heading to London, a fourth Olympics for each and their third as a team. And as they try for an unprecedented third consecutive victory — no athlete had ever won

Lower Expectations

Having swept the qualification process for Beijing and winning gold a second time without losing an Olympic set, the American team of Kerri Walsh and Misty May-Treanor head to London ranked No. 3, behind China's Xue Chen and Zhang Xi and the top-ranked Brazilian team of Larissa and Juliana that was thwarted in '08 when Juliana injured her knee. The other U.S. team of April Ross and Jennifer Kessy, first-time Olympians, sits behind them at No. 4. (AP)

even two beach golds before — they can look back at one of the most successful partnerships in the history of the sport.

"We understand fully — maybe too much — how special our journey is," Walsh said.

In the Off Years

You can fit a lot into an Olympiad, the four-year gap between the Games that feels like an extended offseason in a sport like beach volleyball.

The 33-year-old Kerri Walsh got started right away. Nine months after winning the gold in 2008 she gave birth to her first son. Another son was born less than a year later. After each pregnancy she took time off before returning to the sand.

After missing most of 2009 recovering from a torn Achilles tendon, Misty May-Treanor spent part of 2010 watching her husband, a backup catcher, play in the World Series for the Texas Rangers. When she decided to return to the sand, recreating the delicate chemistry that made her and Walsh so dominant was more of a struggle than expected. (AP)

May-Treanor, who will turn 35 while she's in London, has said she will retire from international competition following the games, a decision that opens a coveted spot as Walsh's future partner and creates a new dynamic in the sport. With young teams from the Netherlands, Italy and China — including 2008 bronze medalists Xue Chen and Zhang Xi — the Americans see themselves as part of an older generation that helped the sport grow from an Olympic also-ran into one of the most popular events at the games.

"When we started, we were girls," May-Treanor said. "The older players, you idolized them; you want to be like them but you don't really understand the process. And now, kind of, we're here. We're where the players we looked up to were." JIMMY GOLEN (AP)

"There is an emotional toll to it, putting yourself out on the world's biggest stage. It's not a grieving process, but it's almost like that. And we're working through that."

— KERRI WALSH ON PREPARING FOR HER LAST OLYMPICS TEAMING WITH MISTY MAY-TREANOR.

Swengali

Nats Making All The Right Moves

Sometimes it's easy to forget that the Nationals are from Washington.

The team plans ahead wisely, it spends money in the right places, and when it takes a risk, it seems to pay off.

The latest bit of good news came when the Nats signed first-round pick Lucas Giolito right before the Friday deadline. The 17-year-old right-handed pitcher was considered one of the best prospects in the

draft, but he fell to the Nationals due to an arm injury that reportedly won't require Tommy John surgery.

Experts say he will immediately become the most promising player in the Nats' farm system.

The payoff could be huge if Giolito turns into the next great young National.

Obviously, I've never seen Giolito, but general manager Mike Rizzo's gamble in signing such a touted player while the pitcher's stock was down is genius. It'll cost several fortunes to keep Stephen Strasburg, Bryce Harper and Jordan Zimmermann here for the next decade. Saving a few bucks now makes a lot of sense, and the payoff could be huge if Giolito turns into the next great young National.

Rizzo thinks ahead, and he makes smart decisions. Just look at his hiring of Davey Johnson as a consultant a full year before Jim Riggleman quit midway through last season. The Nats had their manager of the future in-house, and he has delivered.

Giolito may not work out, but the way things have been going for the Nats, I wouldn't bet against him.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

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If you don't get it, you don't get it.

Newest Capital Is Thinking Big

Ribeiro adds bling, leadership to young team hunting for Cup

The Capitals

When Capitals head coach Adam Oates formally met recently acquired forward Mike Ribeiro — who was wearing an oversized black V-neck shirt, white pants, a gold chain and diamond earring — on Saturday, he was a little taken aback.

“Well, he’s skinnier than I thought he was,” Oates said. “And, oh my, he’s a rapper. He looks like a rapper.”

Joking aside, while Ribeiro may have been sporting some shiny jewelry at the team’s Fan Fest over the weekend, where he was officially introduced, the Caps hope he will help lead them toward the ultimate bling: the Stanley Cup.

Washington acquired Ribeiro



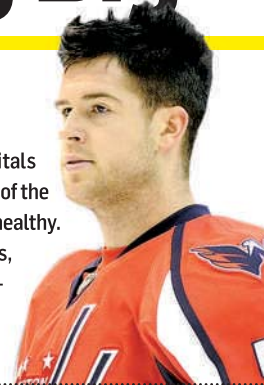
Mike Ribeiro averaged 21 goals and 47 assists with Dallas in the past six years.

from the Dallas Stars in a draft-day trade last month. Ribeiro, who averaged 21 goals and 47 assists in his six years with the Stars, will fill a pivotal role as a playmaking center on the top two lines.

“Obviously, it’s a team with a lot of skill and a lot of talent, and I’m here to create,” said Ribeiro, 32. “I’m a guy that likes to create, so it’s nice to have guys who can

Green Gets a 3-Year Deal

By agreeing to a new three-year deal worth \$18.25 million with Mike Green on Monday, the Capitals made it clear they still see the defenseman as part of the organization’s framework and believe he can stay healthy. A host of injuries — a shoulder problem, concussions, ankle problem and lingering groin strain — have limited Green to just 81 regular season games in the past two years combined. (THE WASHINGTON POST)



put the puck in the net.”

The Caps expect the 12-year veteran will provide leadership to a relatively young team. Ribeiro, who was in a similar situation in Dallas, is ready and willing to do that.

“The last few years, I’ve been on the top of the age group,” Ribeiro said. “You mature every year, you learn every year, and if I can help the young kids to not make the mistakes I made or to be focused on what we have to do, bring some leadership, too, I think I’m ready for this.”

In Ribeiro, the Caps hope they have found the playmaking center to complement Nicklas Backstrom that has been missing for years. The Caps also hope Ribeiro can assist them in their hunt for something just as elusive.

“Every year, this team is among the top five [favorites] for winning the Cup,” Ribeiro said. “But there’s always a missing piece or two, so hopefully, I can be that piece that helps this team ... win a Cup.”

ADAM VINGAN (FOR EXPRESS)

Orange Headed To ACC in 2013

College Sports

The Big East has reached an agreement with Syracuse University, allowing the Orange to leave the league a year early for the Atlantic Coast Conference.

Syracuse announced last year its intention to join the ACC, but under Big East bylaws, the school needed to serve a 27-month exit period. Instead, the Orange will now be allowed to leave on July 1, 2013, and will have to pay a fee of \$7.5 million to depart. Pitt will also leave the Big East for the ACC, but its departure date is uncertain. (AP)

TV Lineup

NATIONALS (7 P.M., MASN) The Nats start a three-game series against the New York Mets.

ORIOLES (8 P.M., MASN) The O’s and Twins continue their set.

PRO BASEBALL (7 P.M., MLB) The Atlanta Braves and San Francisco Giants lock horns.

\$2.23B

The amount Manchester United is valued to be worth, making it the most valuable sports franchise, according to Forbes’ annual survey. Second is another soccer team, Real Madrid, at \$1.88 billion. The New York Yankees and Dallas Cowboys are tied for third at \$1.85 billion. The Redskins (\$1.56B) are fifth. (AP)

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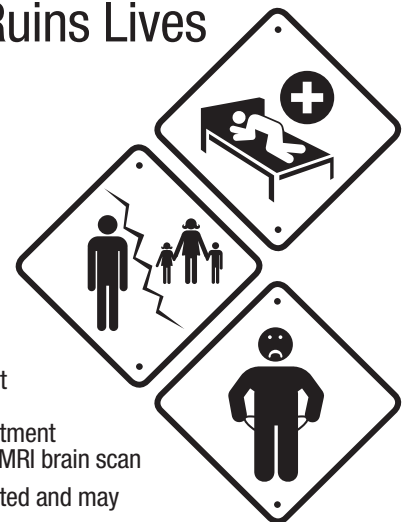
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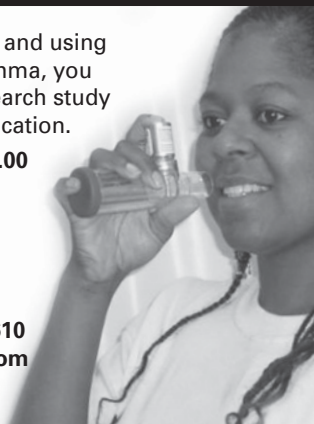
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Clarke Tries to Snap Major Funk

British Open champ is out to reclaim the claret jug this week

Golf

Darren Clarke turned in the claret jug Monday. Now, he's ready to start playing like the guy who won a major title.

Clarke effectively finished off his yearlong reign as British Open champion by surrendering the challice to R&A chief executive Peter Dawson outside the clubhouse at Royal Lytham.

"I didn't really want to give it back, obviously," Clarke said. "The



"I got a little caught up and tried too hard. Unfortunately, that's the nature of our game."

— **DARREN CLARKE**, WHO HAS STRUGGLED SINCE WINNING THE BRITISH OPEN LAST YEAR. HE TRIES TO REPEAT THIS WEEK.

year has gone amazingly fast. It's been an honor and a privilege for me to represent the R&A and bring the claret jug all over the world."

While Clarke fully savored the triumph of his first major championship, he hasn't done much on the course since that magical week at Royal St. George's. He didn't even make it to the weekend at the last three majors, missing the cut at

both the PGA Championship and the Masters, then withdrawing from the U.S. Open with an injury. He hasn't finished higher than 17th at any event.

"I don't know if it's because of winning the Open championship or not, but I've certainly fallen into a little bit of a trap of trying to play better, and trying too hard as opposed to just going and

playing," Clarke conceded.

He's hopeful of turning things around this week. A native of Northern Ireland, he considers his game well-suited to dealing with the persnickety British weather, which has been downright nasty most of the summer.

Howling winds? Driving rain? Bring it on, he said.

"I grew up in it," Clarke said. "I played a lot of links golf at home in Ireland, and we haven't always had good weather over there. ... That's the Open championship. That's what we expect, and that's what we're going to get. If conditions are tough, that doesn't particularly bother me. That's fine." (AP)



CONTRACTS

Rice's Big Score

Ray Rice hit pay dirt. The Ravens running back agreed to a five-year, \$40 million contract Monday with Baltimore, ESPN reported. Rice, who led the NFL with 2,068 total yards last year, will make \$17 million next season. Meanwhile, the Bears inked running back Matt Forte to a four-year, \$32 million deal. EXPRESS

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Guinea Pig | Greek Out

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See your weekly Gold's Gym Trainer Tip on the next page.

Boss Downsizes Himself

Weight Watchers CEO shed 40 pounds by altering his routines and nutrition choices

Growing up in Rockville, Md. — and working as a Washington Post paperboy — David Kirchoff never had a problem with his weight. That's because his parents wouldn't stand for snacking and allowed their kids only one "treat" a week. When he didn't have those rules to rein him in anymore, Kirchoff watched as the numbers on the scale gradually ticked upward to 242 pounds. That started to change in 2000, when he got a job at Weight Watchers. He became not just the president and CEO of the company, but also — yes — a member. Last week, Kirchoff swung by D.C. to promote his book, "Weight Loss Boss" (\$26, Rodale), which explains how he managed to lose 40 pounds.

You were on basically the opposite of a crash diet. Why did it take you nine years to lose the weight?

Because it takes most people that long. People who struggle with their weight, it's never a straight line. When I first started, I lost a bunch of weight quickly. I got cocky. And then the weight came back. I wasn't dealing with the underlying issues and establishing new habits. So when I finally got there, I felt I'd done it the right way, and that's what's helped me keep the weight off.

One of your new habits is exercising regularly. What's your technique to make sure you do it?

I now work out six or seven days a week. It's an old trick to set your gym clothes out the night before,



but it's incredibly effective. The alarm goes off at 5, and I stand up. That's the only willpower I need to summon. Some people need a lot of variety. I'm not that person. What I like about my routine is that it's on autopilot. But whatever works for you, as long as the process becomes habitual.

You used to blow your diet and exercise plans when you traveled. How do you deal with that now — especially when you're visiting D.C.?

I try to keep my routines consistent. I stay in a hotel with a good gym, and I have the same breakfast I would have at home. In D.C., I like the Fairmont because it has a huge gym — it's a full-service health

Weight Watchers president and CEO David Kirchoff's weight rose to 242 pounds (above). These days, he's 40 pounds lighter (right) — and plans to stay that way.

club. I'm also a member of Equinox, so I've stayed in Bethesda so I can walk over to the one there.

You describe the problems with living in a culture of food. What do you think of government policies that try to battle that, such as requiring restaurants to display calorie counts?

For me as an individual, it's

helpful. We have that in New York, so when I walk into Starbucks, I can look at the pastry case and decide that no way am I giving up 500 calories for something so small. It's like having prices printed. For someone who's trying to make healthier choices, it gives them information.

And Mayor Bloomberg's ban on big sodas in New York?

I would characterize it not as limiting what you can get, but limiting the ridiculous portion sizes in restaurants, sports arenas and movie theaters. We know people drink more out of a bigger cup. If you give somebody food in a larger container, they'll

Menu Options



David Kirchoff's secret to eating better? Eating more. "I've been focusing on foods that keep me full and happy," he says. That means lean proteins, veggies and fruit (whole, not juice), which he can enjoy in larger quantities. He avoids any snacks that he's powerless to put down — even healthier ones such as hummus and nuts — and instead reaches for apples, bean dip and Greek yogurt. And he has his family hide ice cream in the basement, so he won't be tempted. V.H.

eat more of it. If I can, I'll take a smaller plate. I did that at a buffet yesterday.

How have you made sure you don't overdo it with fruit, which is worth zero points on Weight Watchers?

If you could eat eight bananas in sequence, in theory, you could get into trouble. But fruit has a lot of water and fiber, and most people will self-regulate. Zero points isn't a license to eat anything and suspend reality. If you eat 70 apples a day, there will be problems. The reason we did that was that under the old Points program, if you were feeling hungry at 3 p.m., an apple was 100 calories and a snack bag of cookies was also 100 calories. Both were worth two points, so people would eat the cookies. That was just wrong. This is much more about nudging people to eat non-processed foods. VICKY HALLETT (EXPRESS)

"When I first started, I lost a bunch of weight quickly. ... And then the weight came back. I wasn't dealing with the underlying issues and establishing new habits. So when I finally got there, I felt I'd done it the right way."

Meet The Trainer

Melissa Rivers

Personal Trainer
Van Ness Gold's Gym

As someone who struggled with her weight in college, Melissa relates easily to her clients' challenges. Her passion is helping clients learn that with motivation, accountability and a solid plan, anyone can reach their goals. She has been a personal trainer since 2006, and holds a B.S. in Kinesiology and an M.S. in Exercise Physiology.

Certifications:

National Academy of Sports Medicine Certified Personal Trainer
CPR & AED

To schedule an appointment with Melissa or another Gold's trainer, come to a Gold's Gym location near you or visit our website.

Trainer Tip of the Week

Does the summer heat feel amplified by Metro's close quarters? Feel better by stretching and toning your legs (and butt) with Walking Lunges. This exercise can be done almost anywhere and ensures positive results. Watch your form though; make sure your knee-cap does not pass your toes in the down position.

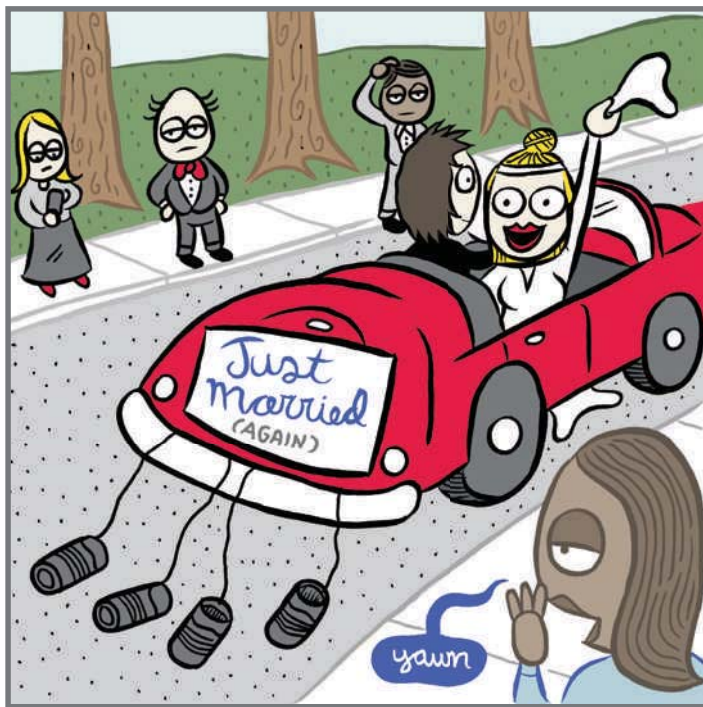
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baggagecheck



His Answer Is Clear: Don't Call

Q I was in a relationship for six years with a man old enough to be my father. He was lavish in his giving and very good to me. He just recently told his daughter about me, and that he had me in his will/estate. From that point on, the relationship went sour. He acts like he's avoiding me and wants me to get lost. It's hard for me to move forward. I think about him frequently — recently, I called him to see how he was doing, and he is still acting like he wants me to leave him alone. Should I just stop calling him? **BROKEN-HEARTED**

I think you know the answer here. He's essentially broken up with you, whether the reason is lame or not. Continuing to seek out his cold shoulder is just being cruel to yourself.

It makes sense that it's difficult for you to move on. You were together for quite a long time. So you must devote your efforts to nourishing yourself in other ways, keeping yourself busy with friends, work and activities, being honest about your feelings through journaling or even talking to someone. My heart goes out to you, but the sooner you accept this, the sooner you can heal.

Vow to Accept the Invitation

Q My friend got pregnant just after getting engaged. She was upset that she couldn't pull off her dream wedding before the baby arrived, so she's decided to have a small wedding this August and then a huge wedding next August. I'm very happy for her, but I feel like it's selfish to have two weddings. Why should her friends and family have to shell out for a "wedding" after she's already been married for a year? **ANNOYED**

Part of the beauty of friendship is that it opens us up to people who see things differently than we do. This also means we must sometimes tolerate choices we're not so fond of.

If you tend to see your friend as a selfish, materialistic person, and this feels like the final straw, that's one thing. But this seems like a blip

on the screen, probably driven by the craziness of the Bridal Industrial Complex.

So do your best to overlook it. She is far from the first person to want both a marriage certificate before her child's birth and the opportunity to celebrate her marriage when she's not liable to throw up in the calla lilies.



By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (friendshipfix.com).

Event Horizon Running Late

If the heat's kept you chained to your treadmill for the past few weeks, it's time to break free. This Saturday brings the annual Rockville Rotary Twilight Runfest, an 8K that doesn't kick off until 8:45 p.m., so you can sleep as late as you want and avoid the sun completely. Join other night owls at the finish line for a party with live music, food and beer. It's \$37 to register through Friday, \$42 on Saturday. For more details, go to RockvilleTwilighter.org.

Court Supremacy

Washington Kastles coach Murphy Jensen shares his team's tips for tennis training

The Kastles rule. In only four seasons of playing World TeamTennis, the Washingtonians have been champs twice. And if they keep on winning (they were undefeated as of Monday, a week into the 2012 season), it's looking like they'll get crowned for a third time.

Coach Murphy Jensen acknowledges that it helps to have a roster that includes Venus and Serena Williams. But they wouldn't win, he says, if they didn't work so hard.

"There are no superstars on the team, even though I've got superstars," he says. "We're a family that cares about each other, and we're always adding our two cents to get the most out of each other."

He shared some Kastles pointers, which could come in handy the next time you're holding court.

Join the Resistance

Before getting their rackets swinging, Kastles players warm up by



Washington Kastles coach Murphy Jensen has a team of stellar players, but even they need to focus on conditioning and recovery techniques in order to win.

doing the same movements using resistance bands. "Put one end under your foot and pull it around with your arm. Just have fun with it," Jensen says.

Stretch in Time

Flexibility is critical: If you can't reach the ball, you won't be hitting it, either. Jensen says downward-facing dog, pigeon and other yoga poses that open up the hips and lower body have become part of their pregame stretch routine.

"It's a way to center mentally and physically before matches," Jensen says. Tapping into the mental side of yoga is crucial before a match. "There's a quiet intensity that builds, and you can imagine what your goal is and what your stroke is going to look like," he adds.

Keep It Positive

No matter how much you focus your mind on winning, sometimes you lose. "You have to put that behind you," Jensen says. When you're frustrated, it might feel like it's time to hang up your racket, but Jensen's strategy is to keep practicing post-match until you regain your confidence and change your perspective. That way, the next time things aren't going your way, you can remember that it's possible to turn the situation around.

"Sometimes I feel more like a psychiatrist than a coach," Jensen says.

Think on Your Feet

The brain is important, but if you're really using your noggin, you'll pay attention to your feet. "I don't care if it's a pedicure or a massage, but you need to do something," he says. Some players take a bucket of ice, add water and dunk their legs up to their calves: "It cools those doggies down."

Jump Ahead

"Every tennis player needs a jump rope," Jensen says. A few minutes of hopping is part of the team warm-up, and many players do much more. The reason, Jensen explains, is that the quick plyometric action mimics what they'll do in a game. "You need to be on the balls of your feet. If your first step is quicker, you'll be better," he says.

You can also boost those skills with other drills — Jensen often rolls balls across the court and has players chase them, sans racket. Or, you can follow in the footsteps of Serena Williams. "She will actually dance and do the Dougie," he says. That's useful for not only improving your game but also rehearsing your victory celebration. VICKY HALLETT (EXPRESS)

The Girl With The Dragons

A local stuntwoman shows off her skills at Verizon Center

If you don't get a kick out of Gemma Nguyen, something's wrong. The 24-year-old is a specialist in fast foot action, capable of performing an 18-kick combo while standing on one leg (and then doing a backflip).

"You know Chun-Li in 'Street Fighter'? That's what I do," says Nguyen, who'll be demonstrat-

ing her prowess as Astrid in the "How to Train Your Dragon Live Spectacular" at Verizon Center this weekend.

And it all started around here. Nguyen was raised in Fairfax County and was just 5 years old when she began studying martial arts at Charlie Lee Karate in Herndon. She found her niche in sport karate, racking up more than 100 national and world titles.

Since moving to L.A. to become a Hollywood stuntwoman, she's appeared in several national com-



Gemma Nguyen is just 4 feet 9, which makes that dragon puppet look even bigger.

mercials that have showcased her tricks. But until this show, Nguyen had never flown around on the back of a dragon, something that took a little getting used to.

Nguyen's now just thankful her rides give her legs a break from

Astrid's constant lunging and squatting. "She's jumping all of the time, and running from one lunge to another," Nguyen says. "Every show I do, by the end, I'm drenched."

She's also sore, which is why Nguyen takes stretching seriously

"[I'm] jumping all of the time, and running ... Every show I do, by the end, I'm drenched."

— before and after every performance. Her favorite way to loosen up? The splits, which she does to the middle and both sides. Even though she's never in those positions on stage, the improved flexibility helps her add height to her kicks.

It's one more reason to watch her in action — but from a safe distance. VICKY HALLETT (EXPRESS)

● Get more info about the show at Dreamworksdragonlive.com.

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Recipe File



MATTHEW HEAD/AP

PULLED PORK LETTUCE WRAPS

Ingredients

- 1 1/2 pounds pork tenderloin, cut into 2-inch chunks
- 1 quart no-salt chicken or vegetable stock
- Salt and ground black pepper
- 4 cloves garlic, smashed
- 3 bay leaves
- 1 teaspoon whole cloves
- 1 tablespoon pickling spice blend
- 1/4 cup red wine vinegar or sherry vinegar
- 1 tablespoon olive oil
- Splash of hot sauce
- 1/4 cup low-fat sour cream
- 1 teaspoon finely grated orange zest
- 1 red bell pepper, cored and finely chopped
- 1 stalk celery, finely chopped
- 1 carrot, grated
- Bibb lettuce, to serve

Makes Six Servings

In a large pot, combine the pork, stock, 1/2 teaspoon of salt, 1/2 teaspoon of pepper, the garlic, bay leaves, cloves and pickling spice. Bring the mixture to a simmer and cook until the pork is fork-tender, about 1 hour.

Remove the pork from the liquid and allow to cool until easily handled. Using 2 forks or your fingers, shred or pull apart the pork into strands. Set aside.

In a medium bowl, whisk together the vinegar, olive oil, hot sauce, sour cream and orange zest. Stir in the bell pepper, celery, carrot and shredded pork. Season with salt and pepper. Serve with lettuce leaves, so diners can spoon pork into each leaf and eat as a wrap. (AP)



180 calories; 50 calories from fat (28 percent of total calories); 6 g fat (1.5 g saturated; 0 g trans fats); 75 mg cholesterol; 4 g carbohydrate; 25 g protein; 1 g fiber; 90 mg sodium.

Get Dressed Up

Drizzling your salad with fat-free dressing could drown out your good intentions. A new Purdue University study shows that eating the right kind of fat can drastically increase how many nutrients we absorb from food. So use full-fat dressing — just make sure it contains canola, vegetable, sunflower or olive oil. And go easy there, buddy:

One teaspoon of any of these will replicate the nutrient absorption that occurred in the study, at a cost of only about 40 calories. REPRINTED WITH

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lookout



Young and Wealthy
Forbes names Taylor Swift the highest-paid celebrity under 30 **35**

Sound Bets



COURTESY TEXAS FRED

Garden Party

Opera just doesn't cut it as gardening music. That's why I switch off WETA 90.9-FM on Saturday afternoons and ride out the heat with Da Gator and the Zydeco Cowboy on WPFW 89.3-FM. With all due respect to the operatic fat ladies singing, a steady stream



By Christopher Porter

of authentic soul and blues tunes followed by Cajun R&B is the perfect soundtrack for plucking produce. Morning gardeners can get their

trowels grooving early with Captain Fly's "The Oldies House Party," which was once described to me as "Black 'Hee Haw'" by fellow local music scribe John Murph. The jams start at 8 a.m. and the on-air banter is strong, with listeners calling in to give shout-outs and get train-whistle toots.

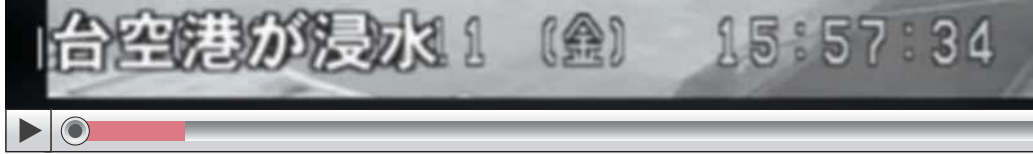
Chris Deproperty keeps the choo-choo rolling with "The Bama Hour" (11 a.m.), followed by Rick Bolling's "Da Gator Show" (noon-2 p.m.) and Texas Fred, above, and his "Zydeco Trail Ride" (2-4 p.m.). It's truly an all-day celebration.

If this life-affirming musical lineup doesn't clear the weeds — in the soil and in your brain — maybe gardening isn't your thing after all.



Read Christopher's previous columns at: expressnightout.com/soundbets

News YouTube Can Use



Clips of the Japanese tsunami that hit the Sendai airport on March 11, 2011, are among the most-viewed news videos on YouTube.

The same site that made Justin Bieber a star is becoming a go-to source for news

Online

One of the world's biggest and most important video news organizations employs no reporters or anchormen, owns no satellite trucks and doesn't even report the news itself.

In just seven years of existence, YouTube — which has made viral sensations out of cute baby videos and Justin Bieber music videos — has grown into an important source of news, drawing audiences that rival those of traditional TV news networks and creating "a new kind

of visual journalism," according to a new study that assesses the site's role as an information provider.

The Pew Research Center's Project for Excellence in Journalism found that YouTube has enabled tens of millions of people worldwide to follow news events such as the Japanese tsunami, Middle East unrest and the killing of Osama bin Laden by creating their own "on demand" news agenda, watching developments unfold where and when they determine. Some news videos remained heavily viewed on YouTube for weeks, long after traditional news sources had moved on to other subjects.

Videos related to the 2011 tsunami and its aftermath were the most heavily viewed of any in YouTube's

Backstory

A Global Power

The popularity of news clips on YouTube isn't entirely surprising, given the site's global reach. YouTube is the third-most-visited site on the Internet, behind only Google (which owns YouTube) and Facebook, according to Netcraft. It gets more than 4 billion video views a day, about a third of which come from the United States, PEJ said. One measure of YouTube's power is that the governments of China, Pakistan and Iran have attempted to block YouTube content from their citizens. P.F.

"news and politics" category tracked by PEJ during a 15-month period that started in January 2011. The 20 most-viewed tsunami videos collectively had 96 million views.

Unlike a traditional news organization, which produces most of its own material, YouTube features

"This is ... a new way of absorbing and learning about events from around the world."

— AMY MITCHELL, DEPUTY DIRECTOR OF PEW'S PROJECT FOR EXCELLENCE IN JOURNALISM, ON YOUTUBE.

news videos that come from all over. Videos shot by TV news organizations (and often posted, without permission, by viewers) appear to be the largest source of the most-viewed material, accounting for half of the 260 videos that ranked among the most popular during the study. But "citizen-produced" videos — shot by eyewitnesses with video cameras or smartphones — accounted for nearly 40 percent of the total.

"We're not saying that people are going to YouTube instead of traditional news sources," says Amy Mitchell, PEJ's deputy director. "But this is a new kind of interaction and a new way of absorbing and learning about events from around the world."

The study also notes that there are no clear ethical standards about how to identify the sources of material in YouTube videos. "All this creates the potential for news to be manufactured, or even falsified, without giving audiences much ability to know who produced" a video, the study says.

PAUL FARHI (THE WASHINGTON POST)



good to know » Green Day released "Oh Love," the first single from its upcoming trio of albums. » Kitty Wells, the "queen of country music," has died at age 92, according to AP. » On Sept. 18, Ben Folds Five will release "The Sound Of The Life Of The Mind," the group's first new album in 13 years. » The fifth-season premiere of "Breaking Bad" drew a record 2.9 million viewers. (EXPRESS)

lookout entertainment

top
stops



MICHAEL BUCKNER/GETTY IMAGES

1 The Good Kind Of Mood Swings

In the grand indie rock tradition of LOUD-quiet-LOUD bands (beginning with Sonic Youth and the Pixies and moving straight into Pavement and Sebadoh) stands Blitzen Trapper. The Portland, Ore.-based band has put out six great records since the early '00s, with songs that swing from reflective folk strumming to shredding distortion. **Birchmere**, 3701 Mt. Vernon Ave., Alexandria; Tue., 7:30 p.m., \$19.50; 703-549-7500, Birchmere.com.

2 City Grazing

It's bad manners to go busting into other people's gardens. Unless you pay for the privilege. The Edible Urban Garden Tour from Eat Local First DC lets you explore city spaces and residential gardens that bring a bit of farm life to the District. Gardeners will be there to answer questions and smack your hands if you eat too many of their cherry tomatoes. The tour is self-guided and covers several miles, so bring a bike or car; afterward, there's a party. **Old City Green**, 902 N St. NW; Tue., 5 p.m., \$20; Eatlocalfirstdc2012.eventbrite.com. (Mt. Vernon Square)

3 Deep in the Earth

Caves are viscerally terrifying, since the fear of being buried alive is one of those basic human things like hating spiders and singing along to "Closing Time." Speleologist Gregg Clemmer will demystify caves in a lecture tonight with a focus on the flora and fauna found there. **Ripley Center**, 1100 Jefferson Drive SW; Tue., 6:45 p.m., \$35; 202-633-3030, Smithsonianassociates.org. (Smithsonian)



Katie, speaking of being free...

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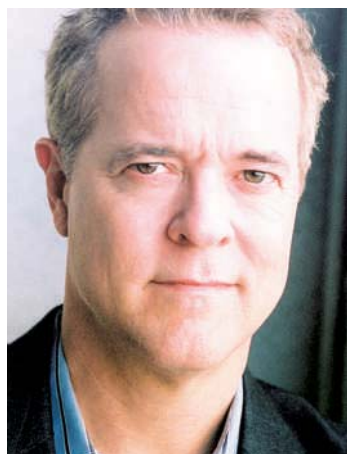
Rob Reid's 'Year Zero' is a fresh and funny extraterrestrial tale

Book Review

Rob Reid, founder of the company that created the digital music service Rhapsody, has created a hilarious story that spans the universe and the popular culture of Earth's citizens in "Year Zero" (\$25, Del Rey).

Nick Carter works as an attorney for an entertainment firm. He worries about losing his job and how he can get his cute neighbor to notice him until the day Frampton and Carly walk into his office. They aren't from around the neighborhood, to say the least.

Apparently, a television signal with a 1977 episode of "Welcome Back, Kotter" was intercepted with cosmic results. Soon after, the entire universe was illegally downloading all of humankind's music. As the fines escalate, the various races discover they must either declare bankruptcy or destroy the Earth to escape the monetary penalty. Frampton and Carly hope Carter can save the day with his legal skills and musical abilities (they think he



Author Rob Reid toys with mankind's technological and monetary obsessions in his clever novel "Year Zero."

was in the Backstreet Boys).

Evil parrots, heavy metals and a boss from hell only add to Carter's woes.

Reid's extreme imagination never wanes as he builds an entire universe solely on how alien societies would react to our music and culture. Nothing is typical or obvious. Reid uses the lens of an outsider to unleash a sarcastic — and hilarious — rant on how obsessed we are with technology and greed.

In some ways, "Year Zero" calls to mind Douglas Adams' classic "The Hitchhiker's Guide to the Galaxy." Far from a clone, though, the story is fresh, clever and funny on its own.

JEFF AYERS (AP)



Mixed Media



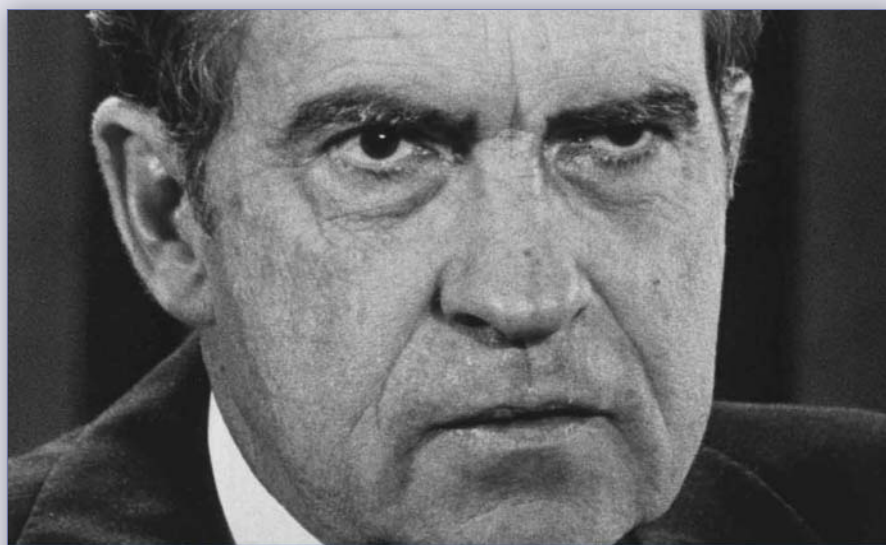
FLO RIDA, "WILD ONES"

Effortless, to a Fault

What you hear is what you get with Flo Rida's "Wild Ones." Take the Etta James-sampling "Good Feeling." The song's bloated allusions to adrenaline, mountaintops and walking on water highlight one of the disc's biggest shortcomings — the utter lack of imagination, or maybe effort, evident in Flo Rida's rhymes and lyrics.

BILL FRISKICS-WARREN (THE WASHINGTON POST)

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lookout TV tonight

Best Bets

ANIMAL
8:00

It's Me or the Dog Airing on a special night, this episode introduces viewers to Mario, his girlfriend, Dyanne, and the three "third wheels" in their relationship: Dyanne's out-of-control dogs. They get cuddles, gourmet meals and regular pampering, while Mario feels like an afterthought. He's out of there if Victoria can't show Dyanne the error of her ways.

ABC FAM
9:00


Jane by Design They went on a fake date for her birthday, but now Jane has a chance to go on a real one with Eli. Ben gets a second chance of his own when a minor league baseball scout offers him a tryout. Kate (Teri Hatcher, left) is also considering a big life change.

TNT
10:00

Franklin & Bash Peter and Jared ask Hanna to help them handle the court-martial of two sailors accused of assaulting fellow Navy personnel, but Hanna has ulterior motives for coming to their aid. To make matters worse, the sailors' commanding officer has little confidence in the defense.

BRAVO
10:00

Pregnant in Heels Due to give birth in a week, Rosie, right, takes on just one client, but she's a tough case with an unusual request. At home, Rosie's husband and assistant confront her about neglecting her preparations for her own baby. (TRIBUNE MEDIA)


COURTESY OF TOM McNAMARA
HISTORY DETECTIVES

The Holy Grail of Guitars

PBS
9:00

In the 10th season premiere, Elyse Luray (left, with guitar expert Andy Babiuk) and Wes Cowan investigate whether they have found the sunburst electric Fender Stratocaster that Bob Dylan plugged in at the 1965 Newport Folk Festival. Tukufu Zuberi tracks down some autographs allegedly signed for two brothers in Miami Beach during the Beatles' legendary 1964 tour of America. And Gwendolyn Wright unearths a little-known artistic side of musical iconoclast Frank Zappa. (TM)

Melodrama


Hollywood Life

Kaldrick (Andra Fuller, above) tries to mend fences with Tariq but discovers he's in hiding as a new season of "The L.A. Complex" (9 p.m., CW) opens. Connor (Jonathan Patrick Moore) seeks comfort from Raquel (Jewel Staite) in the wake of the fire, but she's dealing with some news that could change her life. Elsewhere, Nick (Joe Dinicol) and Abby (Cassie Steele) finally take their relationship to the next level. (TM)

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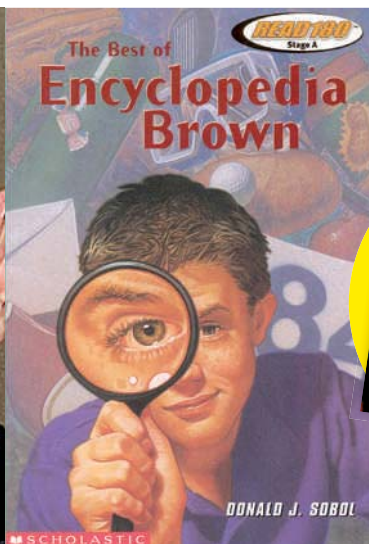
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Blog Log



“I am a huge fan of the DC/NYC salad chain Chop’t. It has many virtues. ... Except for one problem: their unaccountable obsession with calling things cobb for no reason at all.”

— **MATTHEW YGLESIAS AT SLATE.COM** thinks the chain should be more responsible with how it chooses to name its products.

“Encyclopedia Brown was the reason why I loved the library as a kid. Thank you, Donald J. Sobol.”

— **@ASPORTSSCRIBE** pays his respects to the author who died July 11 in Miami. Sobol’s popular books about a child sleuth, first published in the early 1960s, sold millions of copies.

“Ultimately, I have no regrets leaving ‘It Takes A Nation’ on what is now an entirely metaphorical shelf. I’ll gladly say thank-you, but given the choice, I’m going to blast Drake’s infectiously triumphant mp3s every time.”

— **AUSTIN COOPER, AN INTERN AT NPR.ORG/BLOGS/ALLSONGS**, writes about hearing, for the first time, Public Enemy’s “It Takes A Nation of Millions to Hold Us Back,” released in 1988.

“Perhaps the Supreme Court is a little hipper than we give it credit for.”

— **DC.URBANTURF.COM** reacts to a Washington Business Journal report that Supreme Court Justice Sonia Sotomayor closed on a condo near the U Street corridor last month.

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Horoscope

CANCER (June 21-July 22) The answers you need are close at hand today, but a peripheral issue may keep you from zeroing in on them as you had planned.

LEO (July 23-Aug. 22) Conflict is likely to erupt between other parties, and you are in a position to ease tensions in a creative fashion.

VIRGO (Aug. 23-Sept. 22) A certain situation demands that you accept a different point of view as valid; this may be the start of some fundamental changes.

LIBRA (Sept. 23-Oct. 22) Take care that you don't let negative emotions rule the day; you must urge those around you to do things in a positive, productive way.

SCORPIO (Oct. 23-Nov. 21) You will surely attract many people into your orbit, yet you may not connect with all of them. A few share your deepest convictions.

SAGITTARIUS (Nov. 22-Dec. 21) What happens in the dark will tell you a great deal about yourself and another. It may be time to arrange things differently.

CAPRICORN (Dec. 22-Jan. 19) Comparisons between you and a rival are well founded, yet you cannot quite believe that you have that much in common.

AQUARIUS (Jan. 20-Feb. 18) You are intent on reaching a certain goal, no matter what you may have to go through as a result. It can surely be done.

PISCES (Feb. 19-March 20) Unexpected criticism may take you by surprise, and if you're not in a good place in your own mind, it may sting quite a bit.

ARIES (March 21-April 19) Examine what has been done over the past several days and you'll know precisely what must be done today—though certain obstacles still stand.

TAURUS (April 20-May 20) How you present yourself is more important than usual; image isn't everything, but today it is something you can use to your advantage.

GEMINI (May 21-June 20) You may be called upon to clean up someone else's mess today, but you know that you are the only one who can see both sides of the issue.

Scrabble Grams

PAR SCORE 155-165, BEST SCORE 217

E ₁	O ₁	O ₁	U ₁	T ₁	D ₂	M ₃

1st Letter Triple

--

 RACK 1

E ₁	I ₁	I ₁	O ₁	Z ₁₀	L ₁	D ₂

--

 RACK 2

A ₁	O ₁	M ₃	H ₄	F ₄	T ₁	N ₁

--

 RACK 3

E ₁	I ₁	O ₁	K ₅	D ₂	R ₁	L ₁

Double Word Score

--

 RACK 4

Yesterday's Solution

W ₄	R ₁	O ₁	N ₁	G ₂	E ₁	D ₂	RACK 1 =	74
A ₁	U ₁	T ₁	H ₄	O ₁	R ₁		RACK 2 =	9
D ₂	I ₁	T ₁	H ₄	E ₁	R ₁	Y ₄	RACK 3 =	65
I ₁	N ₁	S ₁	I ₁	D ₂	E ₁	R ₁	RACK 4 =	58
PAR SCORE 145-155								TOTAL
								206

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

		4		7	2	1		
2	9		6	8	1			7
						6		8
6	1				4	8	5	2
		3		6		7		
9	5	8	2				4	6
1		9						
5			8	9	3		7	1
		2	1	4		9		

Yesterday's Solution

2	7	9	6	4	5	8	1	3
1	6	5	7	8	3	9	2	4
3	4	8	9	2	1	5	6	7
5	1	4	8	6	7	3	9	2
7	2	6	3	9	4	1	8	5
8	9	3	5	1	2	7	4	6
4	3	2	1	5	9	6	7	8
6	5	1	2	7	8	4	3	9
9	8	7	4	3	6	2	5	1

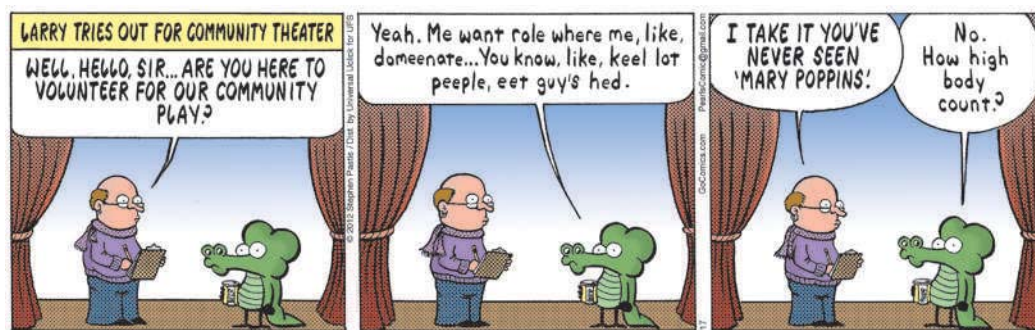
Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

98 | 78

Today: Sun, some clouds, very hot and humid today. Mainly clear tonight.

98 | 78

Tomorrow: A thunderstorm tomorrow. A strong thunderstorm tomorrow night.

Looking Ahead

THU	FRI	SAT
92 71	87 71	86 69

Sun and Moon

Sunrise today: 5:57 a.m.
Sunset today: 8:31 p.m.
Moonrise today: 4:32 a.m.
Moonset today: 7:20 p.m.

Almanac

Normal high: 89
Record high: 104
Normal low: 71
Record low: 56

FORECAST BY ACCUWEATHER.COM ©2012

lookout puzzles

Crossword

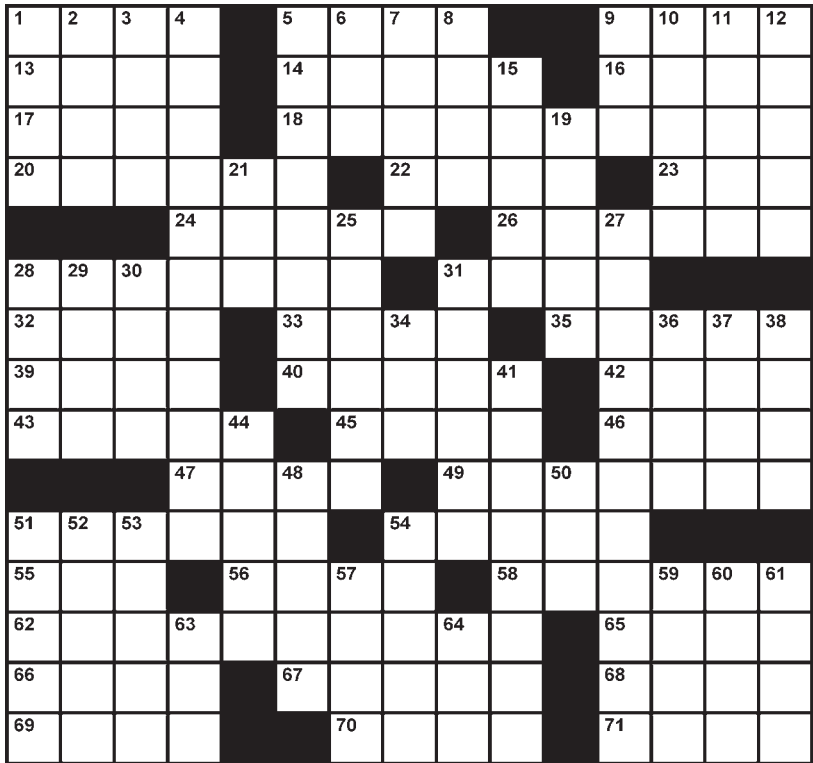
CLOSE CONTACT

ACROSS

- 1 Typical Kuwaiti
5 One standing in front of a king
9 Keeper of a house of ill repute
13 Pull-down item
14 Crosswise to a ship's middle
16 Petri dish contents, sometimes
17 Await approval
18 Like close sidekicks
20 Heavy hammer
22 Backing for plaster
23 Midway guess
24 36-inch units
26 Tested the weight of
28 Church or college bigwig
31 Romanov ruler
32 Depend (with on)
33 Wife of a raja
35 Best-seller list entry
39 Respite for the road-weary
40 Deep-sea diver's gear
42 Winged god of love
43 Watery castle barriers
45 "Narc" suffix
46 Tide of minimum range
47 Be on the payroll
49 West Point or Annapolis
51 She's the dearest
54 Gull-like birds
55 Give-go link
56 Big shindig
58 Like some cuisine
62 Hang with a close associate
65 Very small amount
66 Descartes or Coty
67 African peninsula
68 Ready for the operating room
69 Verbalized
70 "Let it be," to a proofer
71 "By the ___ token ..."

DOWN

- 1 Roadie's loads
2 Rod's associate



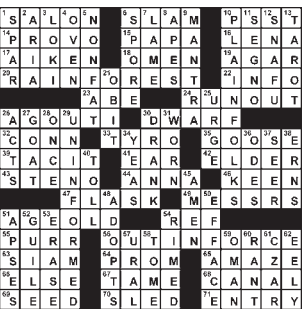
EDITED BY TIMOTHY E. PARKER

- 3 "Green Gables" girl
4 Method of pairing off for safety
5 Certain wall decorators
6 Org. many lawyers belong to
7 Things to draw from
8 Spaced-out org.?
9 It may make a ewe turn
10 Metal tag on a shoelace
11 Use inefficiently, as time
12 Forest nymph of mythology
15 Old wives' tales
19 Bread grain
21 Gangster's sidearm
25 Church official below a priest
27 Long-lasting

- associations
28 Light haircut request
29 Western Nevada city
30 Wrist bone
31 Leg bones
34 Bolt attachment
36 Natural air conditioner
37 Good farm soil
38 See from afar
41 Certify, as a college
44 Fat-nosed antelope
48 Fannies
50 Member of a pantry raid
51 Prefix for "brewery"
52 Bottom check box, often
53 Loa or Kea lead-in
54 Insulting gibe, e.g.
57 Hi's mate, in the comics

- 59 "... ___ lender be"
60 Short newspaper piece
61 Part of Batman's garb
63 Legendary jazz singer Torme
64 Scot's word of denial

Yesterday's Solution



Today in History

- 1955** Disneyland opens its gates in Anaheim, Calif.
1981 A pair of suspended walkways above the lobby of the Hyatt Regency hotel in Kansas City, Mo., collapse during a tea dance, killing 114 people.
1996 TWA Flight 800, a Europe-bound Boeing 747, explodes and crashes off Long Island, N.Y., shortly after takeoff, killing all 230 people aboard.

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people **lookout****BIRTHS****Baby Name Suggestions: Tarantina, Uma Junior**

It's a girl for Uma Thurman and her financier boyfriend. Thurman's representative confirmed Monday that the actress gave birth. She did not release details, including the baby's name. Thurman, 42, has two older children, 13-year-old Maya Ray and 10-year-old Levon Roan, with ex-husband Ethan Hawke. This is her first with financier Arpad Busson. He has two sons with Elle Macpherson. (AP)

DIVORCE**Perry Drowns Sorrows By Eating Cupcakes, Cotton Candy and Peppermint Bra**

Katy Perry and Russell Brand are officially divorced. Though the couple's divorce request was granted in February, their marriage was only officially dissolved Monday, E! News reports. Perry and Brand married in October of 2010. Brand filed for divorce last December. (EXPRESS)



We can finally stop printing photos of these two together. You're welcome.

Forbidden Love**Breaking Laws Before Birth**

Kate Major is pregnant with Michael Lohan's child, according to TMZ. Major had a restraining order against Lohan, which was lifted only a few weeks ago. TMZ says Major is in her first trimester, which could mean Lohan violated the order when conception occurred, making the act potentially illegal. (EXPRESS)



FRAZER HARRISON/GETTY IMAGES

LISTS Forbes has named Taylor Swift, 22, the highest-paid celebrity under 30. The magazine estimates that between May 2011 and May 2012, Swift earned \$57 million from touring, album sales and endorsements. Justin Bieber, 18, came in second with \$55 million. Six women fell in the top 10, including Rihanna, 24; Lady Gaga, 26; Katy Perry, 27; Adele, 24; and Kristen Stewart, 22. (EXPRESS)

Bieber Orders Recount**OBLIGATIONS****'You Want to Knight Me, Too? Only if I Get a Crown'**

"Keeping Up With the Kardashians" patriarch Bruce Jenner, the 1976 Olympic decathlon gold medalist, will head to London to be part of the E! correspondent team later this month. "They asked if I would go over, and obviously E! has been good to my family, so it looks like I've got to go," he said. Jenner says he hasn't attended an Olympics since 1996 in Atlanta. (AP)

"She's the greatest woman that has ever existed. No offense to other women on this planet, but she is hands down the best."



— "BREAKING BAD" STAR **AARON PAUL**, 32, ON HIS BRIDE-TO-BE, LAUREN PARSEKIAN, 24, IN THE AUGUST ISSUE OF GQ

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